

Women reminded to take care of themselves

Women can make their own health a top priority with these tips.

Women should get adequate physical activity: Adults should get at least 150 minutes of moderate intensity physical activity every week, and should aim for 300 minutes per week. Eat a nutritious diet-like Fruits and vegetables, grains, low-fat dairy products, lean protein, and cut back on foods high in solid fats, added sugar and salt.

Women should receive regular checkups, preventative screenings, and immunizations: Women should visit their healthcare professional for regular check-ups as they are vital to the early detection of illness. They should also avoid risky behaviors, such as smoking.

Pay attention to mental health and stress. Changes in physical health can also affect mental health. A true mental health disorder makes it hard for a woman to function normally. Fortunately, these illnesses can be treated successfully.

Also, everyone should get seven to nine hours of sleep each night.